



Herbs & More

Publisher: Julie Boyd

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As we start 2016, we would like to thank everyone for their continued patronage at Herbs & More! Please continue to watch the Newsletters and Facebook for upcoming events!!!

Open Room for Rent

We want to let all our friends know we have a room available for rent! Some Professionals that could be a good fit would be:

- Massage Therapist
- Acupressure Therapist
- Reiki Practitioner, etc...

Contact Julie for more details
402.423.7733

2016 Classes at Herbs & More

In 2016 Herbs & More will start hosting classes. If you have any suggestions/things you want to learn about please call 402.423.7733 or email us with ideas HerbsAndMoreNE@gmail.com

All classes will be \$10 and will need to be paid for prior to the day of class. Classes will be on the third Wednesday of the month at 7pm!

Class Schedule:

January 20th Class: How to make Elderberry Syrup

February 17th Class: How to make a Tincture/Glycerite

March 16th Class: How to make Lip Balm

To register for classes please stop in to reserve your spot!

Herbs & More to start selling live plants

We will start selling live plants in the Spring!

Wonder where you can get herb plants? Wonder no more! We hope to have plants ready for sale by the middle of April! In the late summer/fall we will be hosting a class on how to harvest, dry, and use fresh and dried herbs! Watch the Herbs & More website for upcoming class dates!

www.HerbsAndMoreNE.com

Elderberry

Elderberry is another great plant that has awesome medicinal value. It is high in Vitamins A & C, so it is used to treat flu/colds. It is also an antioxidant, antibacterial, antiviral, and anti-inflammatory! So how do you utilize this plant?

It can be taken in capsule form, tinctures, syrups, lozenges, etc... The flowers can be used as a tea and are good to reduce mucus production, help with hay fever, sinusitis, and middle ear infections! Note: The berries can be poisonous if not cooked.

Sign up for the Herbs & More January 20th class to learn how to make syrup from dried elderberries and dried rose hips!

Rose Hips

Rosehips are a great source for Vitamin C. They can have up to 50% more Vitamin C than an orange! They can be used for infections, colds, to reduce inflammation, loosen phlegm, and as an immune booster. They can be used fresh or dried and need to be removed of their seeds and hair. Rosehips are also high in Vitamin A. Vitamin A is the "skin vitamin" so it can be brewed as a tea, cooled and applied topically for scars, acne, and burns.

Tinctures, What are they?

Tinctures are liquid extracts of plants. They can be extracted in alcohol (tincture), vegetable glycerin (glycerite), or even apple cider vinegar (acetract). They usually all get

lumped in the "tincture" family. The benefit of a tincture over a pill/capsule is how quickly the medicinal effects are absorbed into the body, since tinctures are usually given under the tongue. This also makes giving them to children easier because you can control the dosage easily. (Children usually receive glycerites or acettracts) Tinctures are also fun and easy to make, you can grow your own herbs and use them to make medicine for yourself or your family! How are they dosed? Typically a dropper full is recommended, but with tinctures it is much easier to adjust the dosage to what your body needs. You can also add your tincture to a cup of tea or even water.

For more information on Tinctures and to learn how to make one, please join our February Class on How to make a Tincture!

10% off of your purchase with new glove/sock donation.

January thru March 2016

(Gloves and socks will be taken to the People's City Mission at the end of each month) No coupon needed, just socks or gloves!

The information in this newsletter is strictly for educational purposes and should not be used to treat diseases. Seek the guidance of a competent health care professional.

Lavender Essential Oil

By Kate Meinders

Lavender essential oil is a great tool for a stressful day. When used as aroma therapy, it can help eliminate nervous tension and induce sleep. If you are one of the millions of people that struggle with tension and/or migraine headaches, lavender oil may be the natural remedy you are seeking. When the aroma of lavender is inhaled for upwards of 15 minutes, it has been shown to greatly relieve the pain. Mixing lavender oil with peppermint oil has a great effect also. Use 2 drops of each oil and rub them into your neck, back, temples and your forehead along with inhaling the aroma.

Using a diffuser with lavender oil has been shown to help with sleep issues and insomnia. It can help with restfulness, time it takes to fall asleep, length of time spent sleeping and quality of sleep. You can also rub the oil along your forehead and on your temples.

Take a healing bath with lavender oil by adding 15 drops of lavender oil and 1 cup of Epsom salts to help relax your body and get ready for a good nights sleep.

Topically, lavender oil can help heal the skin. Lavender oil's anti-bacterial properties work well to heal burns, cuts and

prevent various infections. Lavender oil's antimicrobial properties can be enhance by adding 1:1 ratio of clove, cinnamon, and tea tree oils. For burns or eczema mix lavender oil 1:5 ratio with coconut oil for rapid healing. Using 10 drops of lavender oil per 1 ounce of aloe vera is great for soothing even the worst sunburns.

Lavender oil is wonderful addition to your facial regimen. It is packed with antioxidants and helps improve acne. Just add a small amount to your skin creams or ointments will increase the potential for relief and healing. Lavender oil inhibits the growth of bacteria that causes acne and helps heal existing acne by regulating sebum (skin oil) production.

Although lavender essential oil should not be ingested, using lavender herb to make tea has just as much benefit for your body. It promotes sleep, helps with digestive issues, migraines, colic, loss of appetite, toothache, acne, nausea, vomiting and also as a mosquito repellent. To make lavender tea, just use either 3 tablespoons of fresh lavender flower or 1 1/2 tablespoons of dried lavender flower and steep it for a few minutes in 2 cups of boiling water. Add honey and lemon as desired.

Help Yourself to Health

By: Denice Harris

What exactly are the benefits of receiving massage or bodywork treatments? Useful for all of the conditions listed below and more, massage can:

- Alleviate low-back pain and improve range of motion.
- Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays.
- Ease medication dependence.
- Enhance

immunity by stimulating lymph flow—the body's natural defense system.

- Exercise and stretch weak, tight, or atrophied muscles.
- Help athletes of any

Check us out on Facebook to watch for daily tips and to watch for upcoming classes to be held at Herbs & More!

(Search for Herbs & More and Massage)

Or check our website for class listings:

www.HerbsAndMoreNE.com

- level prepare for, and recover from, strenuous workouts S.
- Improve the condition of the body's largest organ—the skin.
- Increase joint flexibility.
- Lessen depression and anxiety.
- Promote tissue regeneration, reducing scar tissue and stretch marks.
- Pump oxygen and nutrients into tissues and vital organs, improving circulation.
- Reduce post-surgery adhesions and swelling.
- Reduce spasms and cramping.
- Relax and often injured, tired, and overused muscles.
- Release endorphins—amino acids that work as the body's natural painkiller.

Relieve migraine pain.

Herbs & More

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5740 OLD CHENEY ROAD, # 8
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402-423-7733

Thank You

For shopping at
Herbs & More

**Save 10% on your next purchase with
this coupon!**

Valid until March 31st, 2016

Not valid for the purchase of Massage or Club Membership, not
valid with other discount or offers.

Herbs & More Club

SAVE 10% EVERY TIME YOU SHOP!

MEMBERSHIP ONLY \$19.95 FOR ONE FULL YEAR!



STORE HOURS

Monday 10am - 7pm
Tuesday 10 am -7pm
Wednesday 10am -7pm
Thursday 10am - 7pm
Friday 10am - 6 pm
Saturday 9am - 5pm
Sunday Noon - 4pm